

# SENIORS • APRIL 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Chair Volleyball 1 Kaluki/Canasta/Mahj	<b>2</b> 9 Bridge Club 10 Yiddish Class 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Readers Theater 1 Kaluki/Canasta/Mahj	<b>3</b> 10 Celebration Cruise Info Session 11 Workout with Pam 12 Lunch with JFS 1 Kaluki/Canasta/Mahj 1 Torah with Laura 2 Line Dancing	<b>4</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Kaluki/Canasta/Mahj	<b>5</b> 9 Bridge Club 11 Chair Yoga 12 Lunch - Kabbalat Shabbat
<b>8</b> 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Solar Eclipse 1 Kaluki/Canasta/Mahj 2 Chair Volleyball	<b>9</b> 9 Bridge Club 9:30 Senior Advisory Board 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Kaluki/Canasta/Mahj 1 Readers Theater	<b>10</b> 8 Day Trip to Waco 11 Workout with Pam 12 Lunch 1 Kaluki/Canasta/Mahj 1 Torah with Laura 2 Line Dancing	<b>11</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Kaluki/Canasta/Mahj	<b>12</b> 9 Bridge Club 10 Grandfriends 11 Chair Yoga 12 Lunch
<b>15</b> 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Money Smart for Older Adults 1 Kaluki/Canasta/Mahj 2 Chair Volleyball	<b>16</b> 9 Bridge Club 10 Yiddish Class 10:30 Therapy Dogs 11 NIA 12 Lunch 1 Readers Theater 1 Kaluki/Canasta/Mahj	<b>17</b> 11 Workout with Pam 12 Lunch 1 Kaluki/Canasta/Mahj 1 Torah with Laura 2 Line Dancing	<b>18</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Kaluki/Canasta/Mahj	<b>19</b> 9 Bridge Club 11 Chair Yoga 12 Lunch
<b>22</b> 9:30 Sewing/Knitting 11 Silver Fit 12 Lunch 1 Chair Volleyball 1 Kaluki/Canasta/Mahj	<b>23</b> Closed for Passover	<b>24</b> Closed for Passover	<b>25</b> 10 Art Technique 11 Tai Chi 12 Lunch 1 Kaluki/Canasta/Mahj 1 Spectacular Follies	<b>26</b> 9 Bridge Club 10 Grandfriends 11 Chair Yoga 12 Lunch
<b>29</b> Closed for Passover	<b>30</b> Closed for Passover	Mark your calendars! A Senior Moment Chorus Line Reader's Theater Performance Zale Auditorium - Sunday, May 5 at 1pm		

## Program Descriptions

### Celebration Cruise Info Session - Wednesday, 4/3 at 10am (Senior Lounge)

Join Celebration Senior Travel to learn about a JCC exclusive discount for a private charter cruise on the Chesapeake Bay. The trip dates are May 15-23. Enjoy free breakfast treats at this no-pressure presentation!

### Day Trip to Waco - Wednesday, 4/10 from 8am to 6pm

Enjoy a day of FUN including the Dr. Pepper Museum, the Waco Mammoth fossil site, lunch at Magnolia/The Silos (of Chip and Joanna Gaines fame), and a peek at the real live Baylor bear habitat. End the day with a famous kolache from Czech Stop in West, Texas. Tickets are \$25 for JCC members and \$37 for non-members - ticket price includes transportation from the JCC and museum admission. Lunch and snacks are on your own. To sign up, call Sharon Cane at 214-239-7183 or stop by the Senior Office.

### Lunch - Weekdays at noon (Zale Auditorium)

Hot kosher meals for all age 60+ in partnership with Dallas Area Agency on Aging - JCC membership not required. Suggested donation of \$3.50. Jewish Family Service will be there on 4/3.

- **Kabbalat Shabbat (Friday, 4/5):** A FREE sponsored lunch provided by Michael Solis with classical guitar music!

### Money Smart for Older Adults - Monday, 4/15 at 1pm (Board Room)

This seminar will discuss ways to increase older adults' economic security with the use of peer-to-peer electronic payment transfer options like Zelle, Venmo, PayPal, and Cashapp. We will also discuss the safety of these services.

### Solar Eclipse - Monday, 4/8 at 1pm (Main Entrance)

Enjoy this once in a lifetime moment with your friends at the J! We are providing free safety eyewear so you can view the total eclipse safely - and a little learning and fellowship, too. Solar eclipse-themed snacks round out the party!

### Spectacular Follies - Thursday, 4/25 at 1pm

Travel back in time to the 70s for this groovy performance called "Stayin' Alive!" The Spectacular Follies is a group of 55+ performers who sing, dance, and make you laugh. From disco to rock, the Follies will bring back the era that changed music forever with all your favorite hit songs. Tickets are \$38 for JCC members and \$57 for non-members. To sign up, call Sharon Cane at 214-239-7183.

### Torah with Laura - Wednesdays at 1pm (Board Room)

Let's learn together about anything and everything Jewish (but you don't need to be Jewish!). (Board Room)

**\*New and noteworthy programs are in red!**

## Contact Information

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J Dallas Seniors



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newsletter! Email  
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Dallas

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Note: The Senior Department manages room reservations for our bridge, canasta, mah jongg, and kaluki games. The staff does NOT arrange these games. The individual participants arrange their own groupings. Also, participants must be members in good standing. To connect with the game organizer, please call Sharon Cane.

\*This program serves everyone without discrimination regarding race, creed, color, sex, age, ancestry, national origin, religion, or handicap. We welcome people with economic needs, disabilities, or limited English proficiency.